

Workshop: “Let’s dance and understanding follows”

Date, Time: Thursday, 30.09.2010, 10:00 - 13:00 and 14:30 - 17:15

Trainer: Raduca Vojáčková, certified 5 Rhythms teacher

Workshop content/theme

Listen to your body – the mysterious and wise landscape. Explore it by dance. Keep moving, be aware and open yourself up for an adventurous dancing journey.

Aims

Dance is a joyful tool for experiencing the body. The aims were:

1. diving into the body, listening more to it and to exploring all its parts, both known and unknown
2. trying to move in a new way
3. creating one’s authentic dance – just for oneself, not for performance. It’s helpful for finding out who I honestly am – very important at this age.
4. bringing into balance and harmony the body and the mind

Method(s)/Approach

5 Rhythms is based on authentic spontaneous movement. Free movement brings release, and the relaxed body and mind are thus ready for “bodywork” which is actually the intention of this method. The Rhythms are symbols and altogether they describe the whole world – both the inner and the outer one. Dancers try to tune in to each Rhythm, dance it and this way connect with as many aspects of life as they can. Everybody feels better in a different rhythm; some rhythms might be irritating to individual people. Following simple instructions – sharp or round movement, fast or slow, dance alone, dance with a partner or in a group – the dancers slowly connect with all the rhythms.

Nowadays we are often confronted with various forms of isolation. It relates even to the body – the mind is separated from the body, the heart is separated from the mind etc. The goal is to reconnect all the parts of the body on all levels. The first step is grounding, embodying and perceiving the present moment in a certain space. And then gradually, step by step, rhythm by rhythm, the integration of other parts of the body follows. The connection between all the parts of the body brings back genuine human qualities such as peace, joy, sincerity, strength and freedom into daily life.

Further tips, sources, resource material or links

You can find a lot of information about 5 Rhythms on www.gabrielleroth.com, also CDs, DVDs, books, schedules etc.

Questions for workshop reflection

Students: How did you feel before the workshop and after it? How did it change your relationship to your body, heart, mind, (soul, spirit)?

Teachers: How do you relate to your body as a person and as a teacher? Is this method something useful for you teaching?

Impressions, Outcomes of the workshop

It was a very valuable experience for me. It just proved how young people are in touch with the whole potential of their bodies. As it was the first familiarization of the participants with this method, it was not about any deep bodywork, just about perceiving one’s body and opening up to

its impulses. To start dancing is a little like taking off one's clothes in public, like being aware of one's capacities – without performing them – and one's limitations – without hiding them. It is like opening up to something unknown, risking insecurity, like losing control, just being yourself for a while and enjoying that – that is what we are not used to do.

Accordingly, the reactions of the participants differed – some resisted or had the feeling it was too much, others got more and more into it and merged into the dance.

